



**Public Health**  
Prevent. Promote. Protect.

**Fond du Lac County  
Health Department**

Mission: Fond du Lac County Health Department prevents disease, protects the community, and promotes healthy living for all.

# Fond du Lac County Health Department

## What's in the News?

Summer is here, and it's a great time to get outside and move! Spending a lot of time sitting around can make you more likely to get diseases like cancer and heart disease. **Moving your body, even for just 10 minutes at a time, will help reduce your risk of getting those diseases and help you sleep better, improve your mood, and improve your ability to do everyday tasks.** On top of all that, physical activity provides opportunities to spend time with other people and to have fun!



## Women, Infants, and Children (WIC)

**Farmers Market Goodies:** The WIC Farmer's Market Nutrition Program offers eligible WIC families checks to buy fresh fruits, vegetables and fresh cut herbs at approved farmer's Markets. Families receive \$24.00 to spend by October 31<sup>st</sup>, 2017.

### NEW WIC TEAM MEMBER

Please welcome our new Breastfeeding Peer Counselor, Joslyn Ware. She has 4 years of breastfeeding experience and is very excited to help support breastfeeding moms. Joslyn is available via phone call or text message and is able to provide home or hospital visits. She is a huge asset to our team and to our WIC families. Welcome Joslyn!



July-September  
2017



WIC is here to support working families. If you know someone who may be eligible, encourage them to apply. Applications can be made in person, by phone: (920) 929- 3104 or online at: <http://www.fdlco.wi.gov/departments/departments-n-z/wic-women-children-and-infants-program/how-to-apply-for-wic/online-application>

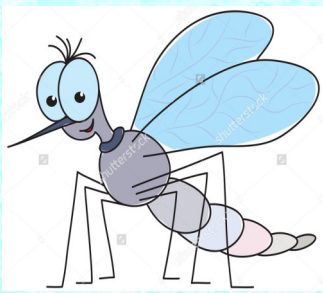


## Public Health

### Summer Travel and Zika Risk

While the species of mosquitoes that are known to transmit Zika virus, they are not found in Wisconsin, summer vacations to warmer climates are in full swing, so it is important for travelers to remain aware of the risk for Zika exposure. According to the Wisconsin Department of Health, there have been travel-related Zika virus infections confirmed in Wisconsin, and there are important precautions that travelers to warmer destinations should take to protect themselves against Zika:

- Use insect repellent. Pack and use insect repellent spray that contains the ingredients DEET, Picardin, IR3535, OLE, or PMD.
- Wear clothing that covers exposed skin. When possible, treat clothing with an insecticide.
- Put sunscreen on first. Then do not forget to apply insect repellent.
- Use a bed net. If traveling to a remote area, use a bed net for sleeping.
- Zika can be spread through sex, so if you have sex, use a condom.



If you get Zika symptoms, see a doctor. If you have a fever, red eyes, joint pain, or rash when you get home, contact your doctor right away.

If you are pregnant or planning to become pregnant, DO NOT travel to an area where Zika is spreading. If you MUST travel to one of these areas, talk to your healthcare provider first and strictly follow steps to prevent mosquito bites during your trip.

<https://www.dhs.wisconsin.gov/zika/index.htm>

### Maternal Child Health News

#### MCH Parenting Program

One of our programs is a free benefit for first time parents. Families being served participate on a voluntary basis for 3 years. Bonnie, our parent aide works side by side with these families, getting to know them well and giving parents tools and support for success. This is a commitment that not every family completes. She had the idea that she would like to give a family completing the program a little thank you gift for their commitment. Her idea took off and became an MCH team project. It turns out we have a lot of hidden talent among us. Pictured to the right is what the first family to benefit from Bonnie's idea received. ->



Their 3 year old was given a personalized library bag, decorated by our resident artist Julie. In the bag were a few goodies such as a coloring book, crayons and matchbox cars. The family had their portrait taken by our resident professional photographer Chantelle. They had a photo shoot near a local park, chose the picture they want to display in their home and then given a 11 X 13 framed family photo. We had fun with this and look forward to other families receiving a thank you gift when they complete the 3 year free parenting benefit program.



## Maternal Child Health News, cont...

### SAFE KIDS

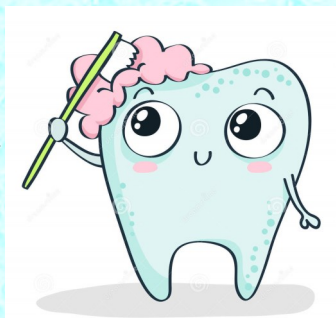
In partnership with Safe Kids Fox Valley and Association of Commerce's Leadership Fond du Lac, we collected and recycled 141 infant/toddler car seats at the ReStore on April 22<sup>nd</sup>. Seats that have expired or been involved in a motor vehicle accident may not be safe, should not continue to be used and recycling is the preferred method of disposal. For accurate, up-to date information on children's car seat safety visit-

<https://www.safekids.org/>



### Do we need sports drinks?

If you are training for less than 1-1.5 hours, then NO. So, swap out the sports drink for water and you will be doing yourself a huge favor. If you feel you must have flavored water then sit down, drink it and then move on. Don't wander around sipping- you are constantly exposing yourself to increased acid levels.



## Dental News

### Sports Drinks, Energy Drinks and Your Teeth

A common misconception is that energy drinks and sports drinks are a healthy choice. These drinks are especially popular among teens and young adults. Unfortunately, they cause damage to tooth enamel, increasing risk of decay.

Every time that we snack or sip on our sports drink we are not only feeding ourselves but the bacteria in our mouth. These bacteria produce acid which lowers the pH in our mouth and saliva. These drinks also contain acid for flavoring adding to the acid problem. As our mouth becomes more acidic the mineral of our teeth begins to dissolve. Keep this up and small white patches will develop on our teeth. Saliva returns the lost minerals to our teeth following an acid attack. But it can only do so much. Eventually these demineralized patches become holes (decay) needing repair from our favorite dentist.

### Ways to protect your teeth while training:

1. Always brush and floss your teeth before exercising- this will remove the amount of plaque and bacteria present as a starting point.
2. Drink and eat as instructed during the training session.
3. Finish with a drink of plain water to rehydrate quickly and begin neutralizing the acid level. Also consider chewing sugar free gum to stimulate saliva flow.
4. If you need to eat after training consider having a dairy product, in particular some cheese to help prevent tooth decay.
5. Avoid brushing immediately after exercising, the enamel is softer after an acid attack and brushing can remove small amounts of the softened enamel.
6. Ensure you are brushing and flossing regularly- 2 times a day.
7. Have regular dental check-ups.



## Tobacco News

### Celebrating Seven Years of Smoke-Free Wisconsin

Five Counties for Tobacco-Free Living encourages everyone to celebrate our state's smoke-free anniversary on Wednesday, July 5.

Sandy Bernier states, "Seven years ago, the state legislators decided protecting everyone in all work and public places from secondhand smoke was a public health priority. Prior to the State of Wisconsin passing a comprehensive smoke-free law, the Fond du Lac City Council passed a comprehensive smoke-free ordinance. So, City residents have had protection for eight years, with people willing to step outside in order to protect others from cancer causing agents.

Smelling better is great, but avoiding more than 70 substances known to cause cancer and over 7,000 chemicals is the reality of secondhand smoke."

### Important facts about secondhand smoke:

- Secondhand smoke exposure causes thousands of deaths in nonsmokers every year.
- 1 in 3 nonsmokers in rental housing are exposed to secondhand smoke.
- Exposure to secondhand smoke has immediate effects on the cardiovascular system and causes long term health problems like coronary heart disease and lung cancer.
- Children who breathe secondhand smoke are more likely to have lung problems, ear infections, and severe asthma.
- Breathing in secondhand smoke at home or work increases the risk of developing heart disease by 25 to 30 percent and increase the chances of getting lung cancer by 20 to 30 percent.

Secondhand Smoke: An Unequal Danger: CDC Vital Signs, 2015.  
The Health Consequences of Smoking – 50 Years of Progress; A Report from the Surgeon General, 2014.

Bernier goes on to state, "Thanks to local and state leaders eliminating exposure to secondhand smoke in all work and public places, and some private and public housing, not only improves the health of everyone, but kids' today will have a new social norm that safe, clean, air for everyone is what people need and expect."

Unfortunately, our work is not done as E-cigarette use is on the rise and while there is not a great deal of research on the level or type of exposure to secondhand aerosol, it's a growing concern. For more information about secondhand smoke, or tips for quitting visit: [www.tobaccofreelivingfd.com](http://www.tobaccofreelivingfd.com)

## Environmental News





# Emergency Preparedness

## Download the FEMA App today!

Stay informed and get life-saving information that is accurate and immediate!

**Alerts from the National Weather Service:** Receive severe weather alerts for up to five locations across the U.S. and see information about how to stay safe.

**Disaster Reporter:** Upload and share photos of damage and recovery efforts.

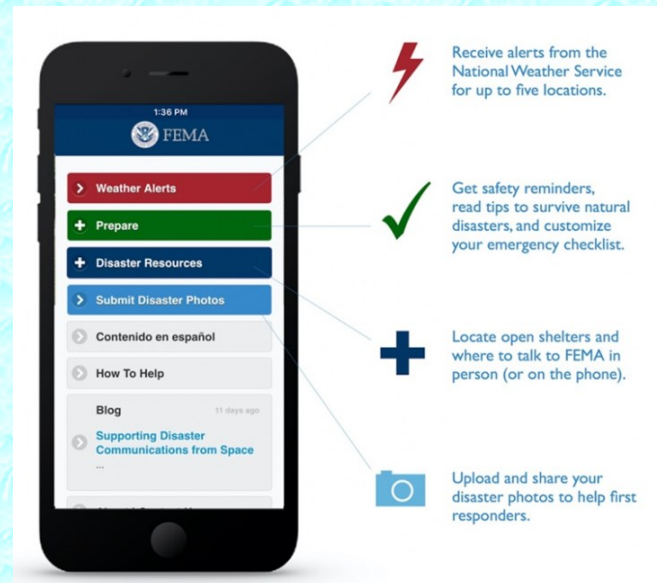
**Maps of disaster resources:** Locate and receive driving directions to open shelters and disaster recovery centers.

**Apply for assistance:** Easily access DisasterAssistance.gov to apply for federal disaster assistance.

**Custom emergency safety information:** Save a custom list of the items in your family's emergency kit, as well as the places you will meet in case of an emergency.

**Safety tips:** Receive safety and preparedness reminders and learn how to stay safe before, during, and after over 20 types of hazards, including floods, hurricanes, tornadoes and earthquakes.

**Information in Spanish:** Easily toggle between English and Spanish for all features of the app

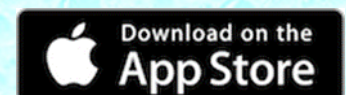


You can also download the app via text messaging:

If you have an Apple device: Text **APPLE** to **43362** (4FEMA)

If you have an Android device: Text **ANDROID** to **43362** (4FEMA)

If you use text messaging, *standard message and data rates apply.*



City/County Government Center 160 S. Macy Street, 3rd floor, Fond du Lac WI—(920) 929-3085